



*You are Worth it*

... AND IT'S TIME YOU REALIZED IT!



# You are Worth it

... AND IT'S TIME YOU REALIZED IT!



*You are blessed! You are loved! You are amazing!*

Master Marilag 



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# INTRODUCTION

Have you ever seen the classic music movie, *Planes, Trains, and Automobiles*?

In the movie, there is a character named Del, who has been put down repeatedly throughout the movie through a variety of situations.

Finally, it reaches a point where the jokes and jibes aren't quite as funny anymore. Del looks at his tormentor and says:

*You wanna hurt me? Go right ahead if it makes you feel any better... I could be a cold-hearted cynic like you... but I don't like to hurt people's feelings. Well, you think what you want about me; I'm not changing. I like... I like me. My wife likes me. My customers like me. 'Cause I'm the real article. What you see is what you get.*

Here is a moment of triumph. Think for a moment what it takes to stand in front of somebody else and say these words. Think about how powerful it is to be able to say them.



Do you like who you are? Hopefully, you do. If not, **this book is here to help.**

In the following pages, you are going to learn how to recognize your worth, **because indeed, you are worthy of happiness and success.**



This book will break down the many benefits of having self-worth and then teach you how to deal with criticism and, better yet, what to do if you suffer from low self-worth. **But more importantly, you'll find out how to raise your self-worth to where it belongs.**

Having good self-worth is essential. Hopefully, by the end of this book, you'll be starting to see a difference. You'll feel more energetic, more capable, and more resilient. You'll enjoy closer and more intimate relationships, and like Del, you won't be afraid to speak up for yourself.

**It's time to like yourself.** Let's get started.





# YOU ARE WORTHY

No matter who you are, no matter where you are, there is somebody in this world who wants nothing better than to put you down.

This statement might seem overly generalized or even unfair. Sadly, in today's world, this is very much the truth. The thing is, haters are going to hate. What matters here is what you do about it.



The problem with negativity is we give it far too much real estate in our heads. You need to remember this one important fact: no matter where you are, or what you've achieved, or even who you are: you matter. You have worth.

Do you doubt this? Then ask yourself this: What is the value of an individual?

Our worth lies in who we are. We find our value in the fact we dream. We think great big brilliant thoughts, we create goals, and sometimes we even realize them. We build relationships. We create. Sometimes we tear down. We try hard, we fail, and we try again. We're human and make mistakes, but we also learn from those mistakes and create amazing things out of them. We affect change in the world just by being here.

**Nothing would be the same if you were not here.**



It's hard to think this way sometimes. The world is significant, and we are so small. Yet our very individuality is what makes **US** special.

So, embrace the amazing person you are right this minute, and hang on tight. You're about to discover some of the greatest secrets of self-worth. It's going to be quite a ride!





# THE POWER OF SELF-WORTH

How important is self-worth? Ask anybody who's ever been the subject of criticism. Without self-worth, a negative comment has the power to change your world. You start seeing only the negative aspects of a thing. You doubt yourself. With enough criticism, your mood shifts, falling into negativity and over time, even depression.

This is why self-worth is such a powerful thing.

When you experience self-worth, the criticism rolls off your back. There's no way it can touch you. This ability to bounce back from adversity enables us to keep going, even if things haven't been going well.

This is only the beginning.



## Benefits of Self-Worth

Self-worth exposes the lies and reminds you of just how wonderful you are. But more than that, self-worth is what motivates, inspires, and takes you to the next level. Read on to discover all the ways self-worth powers you up and prepares you for success.



## ☉ **You Get to Be You**

Perhaps one of the most visible aspects of self-worth lies in your ability to be yourself. When you have confidence in yourself, you no longer need to prove yourself or force yourself to fit in with the crowd. Self-worth encourages individuality, allowing you to be uniquely you.

## ☉ **You Understand Your Purpose**

When you believe in yourself, by extension, you start believing in your dreams. You no longer doubt your goals for reasons for working to attain them. This gives you a stronger sense of purpose and clarity.

## ☉ **You Accept Compliments**

When you lack self-worth, you honestly don't know what to do when someone says something beautiful about you. Sometimes you might even feel embarrassed because they don't seem to know the truth about who you are. With self-worth, these thoughts never even come up. You know how to accept a compliment, and can even enjoy it, because deep down, you agree with what's being said.

## ☉ **Decisions Come Easier**

When you have self-worth, you acknowledge your ability to think and reason, meaning you second guess yourself a lot less. This means



decisions are much easier to make.

### ● **You Know You Add Value**

With self-worth, you no longer question whether or not you belong on a committee or project. You know you have something to contribute. Why wouldn't you be there?

### ● **You Stand Up More for the Important Stuff**

When you have self-worth, you better understand who you are. You know what you believe in and, more importantly, you don't feel like you have to hide those beliefs. Imagine how freeing it is to be able to share what's important to you without fear of what others think.

### ● **You Want to Get Ahead**

What are you good at? When you have self-worth, you already have a pretty good idea. By understanding your strengths and weaknesses, you're more likely to challenge yourself to do more. You find yourself wanting to grow and develop and reach your goals just to see how far you can push yourself.

### ● **You Dream More**

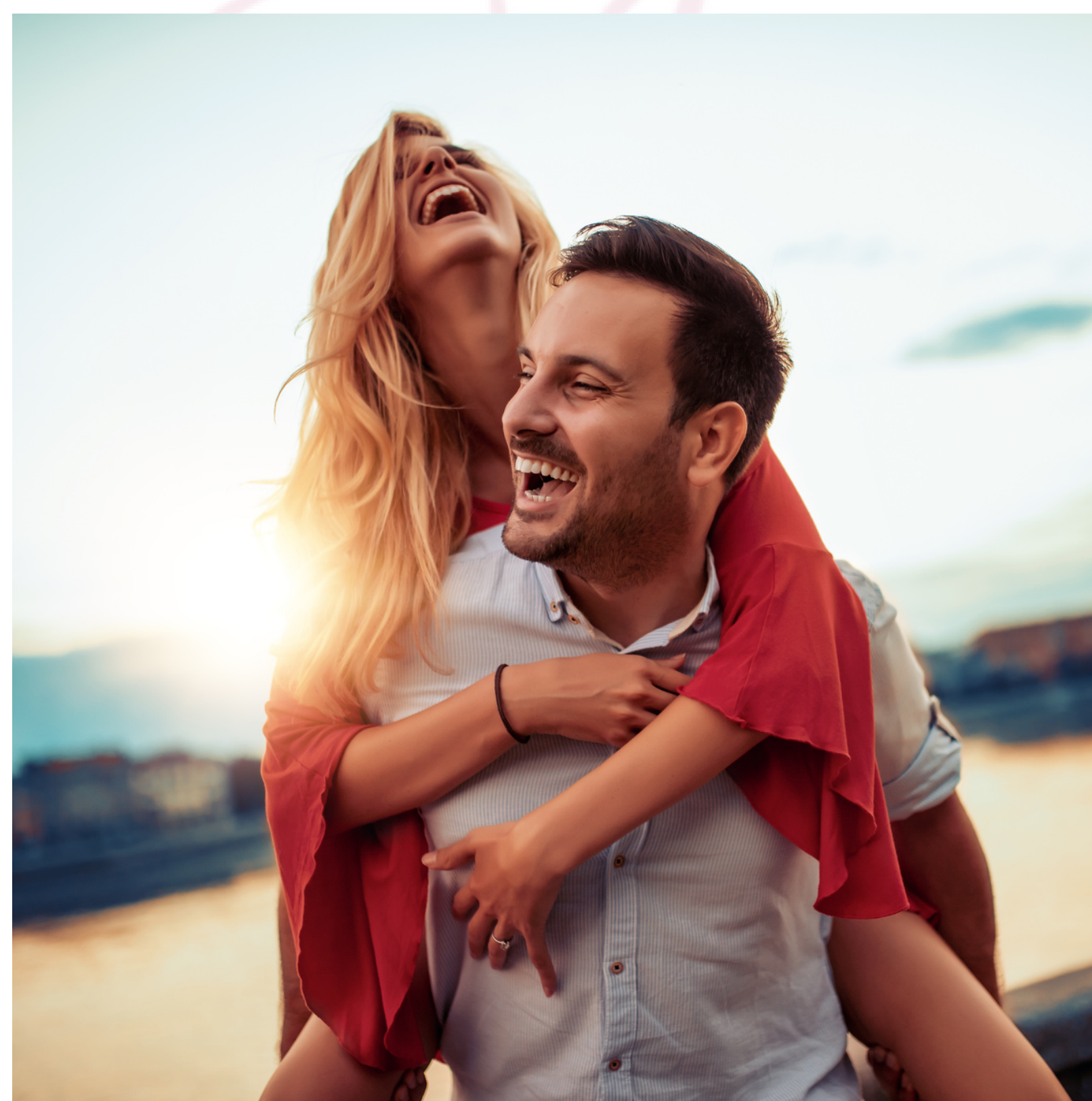
Speaking of pushing yourself, self-worth means you're already



confident enough in who you are to be able to envision where you want to go. As a result, you're more likely to set goals, and more importantly, to achieve them.

### ● **You're a Better Problem-Solver**

Self-worth means you doubt your thought processes less. You know what you know, and because you have this confidence, you're more likely to make intuitive leaps to find solutions when we're faced with complicated situations.



### ● **You Enjoy Better Relationships**

Self-worth takes the mask off. When you meet somebody, you don't have to pretend to be some anybody other than who you are. In a relationship, this is crucial. How can you expect to succeed with others if you're never real around them?

### ● **You're More Generous**

When you don't feel good about yourself, it's hard to imagine you have the ability to help anyone. When you have self-worth, you know you have something to contribute. This translates to increased generosity with time and resources.



## ☉ **You're Ready for Change**

As said before, with self-worth, you already know what you're capable of, so when change comes, you're less likely to feel threatened by it. You already know you can handle it.

## ☉ **You Have Clarity of Thought**

Without self-worth, it's easy to carry a lot of doubt. You start questioning everything you think or feel. Over time, this has a severely damaging effect on the mind. Anytime you listen to too much negative self-talk, you start to believe it. This leads to a lot of anger, anxiety, and depression.

## ☉ **You're Not as Critical**

Speaking of clarity of thought, with self-worth, you're more apt to engage in positive self-talk overall, as opposed to driving yourself down. You beat yourself up less over things and are more accepting of your mistakes.

## ☉ **You're in Better Shape Physically**

With good mental health comes good physical health. Studies have shown when we experience less stress, we are more likely to have healthier bodies and approved immune systems. More importantly,



when we feel better about ourselves, we are less likely to use inadequate coping mechanisms such as overeating, alcohol, or drugs to deal with external stress, especially criticism.

### ● **You Define Yourself, Less**

We, too, quickly put labels on ourselves. With self-worth, you are less likely to tag yourself in ways that are demeaning or negative. You need to place a high enough value on yourself until you stop the name-calling, even in your head!



### ● **You Don't Settle**

When you're lacking confidence in who you are and what you're doing, you're more likely to take the job which you think you can handle. With this mindset, you're more likely to undercut yourself. With self-worth, you become choosier in your career and even personal choices. You no longer want 'good enough' but something you deserve.

### ● **You Dive into Life**

For positive self-worth, we gained the confidence to try things, to



experience more, and otherwise in various times of life. We're more likely to jump into things and see what happens next. We more easily take a chance and become more fully just who we were meant to be.

### ● **You're More Content**

Self-worth means you're no longer fighting yourself. You're relaxed and enjoying who you are. You aren't experiencing the negativity you might have inflicted on yourself in the past, and you're unaffected by the critics and haters of the world. With all this going on, it's no wonder you're happy and at peace with life and yourself.





# DEALING WITH CRITICISM FROM A PLACE OF SELF WORTH

Because the topic of criticism comes up frequently when it comes to talking about self-worth, it's worthwhile to give a special section entirely to this so you can see the power of self-worth in action.

First, you have to understand criticism isn't necessarily a bad thing. We do need feedback from time to time. Hearing something negative once in a while isn't only inevitable but necessary if we're ever going to learn or grow. The problem comes up when we take the criticism personally, or when the criticism itself is mean-spirited and is only designed to hurt. This is why it's so important to approach criticism with a calm and clear head.



You start by finding a place of self-worth. When you accept, you are smart, capable, and have valuable skills and assets. Whatever criticism is offered does not in any way change who you are, what you are capable of, or what skills or traits you already enjoy. You are and will be the same person regardless of what is said.

Next, you need to take a three-pronged attack when it comes to dealing with the criticism itself.



## **Stop**

Before you react in any way to what is being said, stop. Take a deep breath. Now carefully consider what is being said from all angles. You always want to give yourself space before responding to criticism. After all, the last thing you want is to react emotionally, or in a way you might regret later. Also, you will want to consider the motivation of the person offering the criticism. This will be important as you evaluate their words as it will help you to determine whether or not you need to react at all.

## **Consider**

What is being said? What tone is being used? Is there motive behind these words, or are they honest? Is there something you can learn here? Or is this something to discount entirely? As you consider what has been said, ask for clarification if you're not sure what the other person meant on any particular point. If possible, consult with others whom you trust and gain their feedback regarding these words. Try to do all of this in an open-minded way. Do not discount the words offhand. At the same time, do not accept them as absolute truth. Remember, not all criticism is created equal. There might be a part of what is said, which is useful. Or it could be there is nothing of value here at all. No matter what, consider this: there might be something valuable you can learn from this experience, which is why it is so important to take this step very seriously.

## **React**

Once you have allowed time enough for these words to sink in, you will need to determine whether a response is necessary to the person who



offered the criticism in the first place. The best response might be to inform the other person you'll take this matter under consideration while you think upon it further. In some cases, when the intent is questionable, you might not want to respond at all. Whatever you decide, remember to carefully choose your words and avoid becoming involved in something which might turn into a sparring match.



Criticism can be a difficult thing to get past. No matter what, do not take criticism to heart in such a way as it causes you to question how you feel about yourself. This isn't to say you won't learn or grow from what others have to say.

Remember, even if you have proven to be in error in some respect, you're still YOU. You are still valuable. You are still worthy. The only thing which should ever change in this regard while listening to criticism is for you to perhaps become wiser from the experience.

Of course, this probably all seems well and suitable for when you have a solid feeling of self-worth, but what about when you're not feeling as confident in this area? In the next chapters, we'll explore the world of low-self-worth and how you can improve yourself in these areas.



# DO YOU HAVE LOW SELF-WORTH?

We don't always see ourselves as clearly as we would like. We think we are OK, but as it turns out, we are not. Part of the problem is the difficulty we have in seeing ourselves as honestly as we think we do.

There are two problems here. First, we are very good at becoming blind to flaws or uncomfortable situations simply because we are overwhelmed and would honestly rather not deal with them. Or worse, we have no idea where to begin.



Second, and more common, we have a script in our heads which tell us who we are, and it doesn't quite match up to the reality. Generally, our self-image is a lot worse than reality. Consider this example.

Picture yourself as a high school student. It's picture day, but acne has struck again, leaving you with a blemish the size of Montana right in the middle of your forehead. You obsess about this as they take the picture and are positive this will be the only thing anyone notices about when they see you in the yearbook. To your surprise, when you finally do get your pictures back, you don't see the blemish at all. It was still there; only it was never anywhere so big or significant as you made it in your mind.

We are much the same way with our flaws only because we are so



self-conscious about them. We're positive every person on the planet knows we mispronounce words, tend to get the hiccups when nervous, and can never remember the capital of Illinois (it's Springfield).

The question is, who noticed any of these things? So, while we're busy talking ourselves down, thinking we're awful on every level, no one else has seen us this way at all. Mostly because none of it is true, or even if it is, these particular quirks are nowhere near as important as we think. After all, how many people need to know the capital of Illinois in day-to-day life?

And even if you do need to know the capital of Illinois because you happen to be a teacher and it's part of the curriculum you teach, enlisting the kids to help you remember can become a game with the added benefit there will never be a kid in your class who forgets it from that point forward. Think about this a moment. Your quirks might be more endearing than you previously thought!

So, with this in mind, let's take a check-up and find out if self-worth might be a problem for you or not.



### **The Biggies**

These four traits are probably the most important of all, so pay close attention to this. With each main point, you'll find a few thoughts which might include other thoughts that creep in unawares.



## ☉ **I'm No Good**

At first glance, this seems a pretty dire statement. No good at what? Bowling? Playing the piano? Life? The problem with not feeling good enough is how easily this can sneak into our thoughts in so many other ways. Generally, you'll find it creeping in alongside thoughts such as:

*I should do this better.*

*No one hears me when I talk.*

*I have nothing worthwhile to say.*

*Don't look at me.*

*I'm not very interesting.*

*You don't mean that! (usually said when complimented)*

*I'm not good enough.*

These thoughts alone, though, should be enough to diagnose the problem. If you look, you'll see how every one of these is tied somehow into self-worth. But this particular problem can manifest in some other very physical ways. As you read this list, notice how far this can escalate.

- Your house is full of things you don't need or even want.
- You under-bid on jobs because you don't think you're worth more.
- You have frequent stomach/digestive issues related to worry/anxiety.
- You buy cheap or used items because you feel like you don't deserve anything better.
- You sabotage any chance of success.
- You're hard on other people, demanding perfection.



- You're a bully.
- You're proving your power by exerting yourself somehow over others to the point of being abusive.



### ☉ I Can't

Sometimes you genuinely cannot do something. But when you continually stop yourself, sure someone else can do it better or are confident you will fail somehow, you're holding yourself back. You're also experiencing low self-worth. With these particular phrases, it's essential to notice how often you say them, as the more you repeat them, the more likely you are to have a problem.

*They can do it better than I can, so why bother?*

*I must be wrong if they disagree.*

*I don't know what to do. Let me ask \_\_\_\_\_.*

*It won't work.*

*Why even try if it's going to fail?*

*That kind of goal is for someone smarter (more prosperous, more capable, etc.) than me.*

*They do so much better than I do.*

The physical traits listed here might be harder to spot, as they're more a lack of action than anything else.



- You avoid setting goals without first consulting with others.
- You have a victim mindset.
- You put off everything.
- You experience panic attacks.
- You avoid change.
- You find yourself worrying a lot, especially about what's going to happen next.
- You have a hard time setting goals.
- You stay in uncomfortable situations because you can't trust change to be better.

### ☉ **They Don't Like Me**

Anytime we become overly preoccupied with the opinion of other people, we're allowing them to hold us back. This is a significant sign we don't think highly of ourselves, certainly not as high as we think of *them*. Of course, some people are truly deserving of our utmost respect, but never at the cost of our self-image. You can feel someone be your superior in some regard (e.g., they're better at math than you) without losing who you are. (e.g., you're quite smart in other areas, such as you're amazing when it comes to languages).

The problem with poor self-worth, everything becomes a competition. In our example, if we see someone has more talent than us in a particular area, this means they have to be smarter than us overall as though they are a 'winner' and you are a 'loser' by comparison. When you take a step back, you can see how ridiculous this thinking can be. Unless you are competing



for a math prize of some sort, it doesn't matter how many more problems they can answer correctly.

Look out for these statements:

*They think I'm stupid.*

*I know they're talking about me.*

*I wish I could back and say or do something differently.*

*Why do I always say the wrong thing?*

*I'd take time off, but it seems lazy to do so.*

*I need to try harder.*

*No one likes me.*

*No one will ever love me.*

Physically this manifests in a variety of ways, starting with a constant need for approval.

- You obsessively try to look/act right, especially in a crowd.
- You jump to the worst-case scenario ("you hate me" or "I'm a failure") when criticized.
- You go out of your way to be a people pleaser.
- You never ask for help.
- You don't take time off from work, ever.
- You spend far too much time and money to try to look perfect/like everyone else.
- You hold back intimacy, keeping very closed up with others.



- You react badly when people confront or criticize you, sometimes by physical means.

### ☉ **They Do It Better**

With this last trait, you're always comparing yourself to everyone else and coming up short. By everyone, this means every last person from coworkers, mentors, bosses, celebrities, geniuses, and anyone in between is better than you. The problem with making lists like this is how easily you're right. With enough looking, you're guaranteed to find someone who does at least one thing better than you. The problem? To someone with low self-worth, this automatically means you're a failure, without taking into consideration things such as education, training, financial situation, or a dozen other reasons.

The problem is, this kind of mindset also shoves you into a victimized role. Not only are people better than you, but the world is holding you back, and because of this, you're caught up in the feeling you could be outstanding if only everything would align in your favor for a change. This kind of entitlement is likewise very damaging as it keeps you from taking responsibility for where you are, nor does it push you toward making goals and working to realize them. Let's look at these statements:

*I'm hopeless.*

*I'm never going to be good at this.*

*No matter how hard I try, I'm going to fail.*

*I can't do anything right.*



*Why even bother?*

*Well, of course, they're better than me.*

*I need to matter.*

The last one might seem like it doesn't fit, but in truth, it sort of sums up this entire idea. If you feel you have no value or worth, how can your life possibly matter, especially if everyone and everything is set against you and definitely better at life in general? No, you can't matter if you feel this way, and so this thought becomes obsessive to where you can't think of anything else in extreme cases.

These thoughts manifest in these ways:

- You tend to want to hide in social situations, especially around new people.
- You spend far too much celebrity watching.
- You only feel good when other people fail.
- You indulge in gossip, looking for those failures to feel better about yourself.
- You look for ways to 'one up' others.
- You take great delight in pointing out when other people mess up.
- You make elaborate plans to do great things and do nothing to achieve them.
- You know at precisely which age various famous people achieved and compare this to where you were at this age. ("At 16 they won an Olympic medal. At 16 I was delivering pizza").



If you're like most people, you've probably seen yourself in a few of these statements. This might feel pretty discouraging. Before you give in to feelings of low self-worth, realize this:

**CHANGE IS POSSIBLE!**

The next chapter is full of ideas on how to (re)Build your Self-worth!





# HOW TO (RE)BUILD YOUR SELF-WORTH



Here comes the exciting part of the book. You've gained new knowledge about self-worth. You even have a clearer understanding of where you might have room for improvement. Now it's time to take action!

What follows is a whole lot of different ways you can train your mind to accept this one fundamental reality: You are worthy of success and happiness. These are all simple things to do, which won't take up a lot of your time or energy. Most just involve minimal changes to your life, such as scheduling your day a little bit differently.

The goal here is to use these tips to create new habits over time, not to change your entire world by following a set script or performing an instant magic fix. Your view of yourself was not formed in a day. It's only logical. It's going to take time to adapt and shift this image of yourself to something healthier. Be patient with yourself and realize these are tips you'll be performing again and again until they're a natural part of your life.

## ☉ **Accept**

Before you can do anything else, you're going to have to come to terms with who you are right now. Accept you're you. No, you're not perfect, but you're



still pretty amazing with lots of traits that make you valuable, and uniquely you. This is not a space for negativity, so while you acknowledge who you are, refrain from judgments. You are who you are.

### ☉ **Take a Talent Survey**

When is the last time you listed out all the great things you're capable of doing? A list of this nature reminds you of the talents and skills you might otherwise overlook. Recognize these things are part of what makes you unique.

### ☉ **Remove Toxic Relationships**

While it can seem hard to set boundaries, sometimes they're vital. If you have people in your life who only serve to bring you down, make you doubt yourself, or drain you of energy, it's time to make some changes. Life is too short to waste time with people who are toxic or even abusive.

### ☉ **Spend Time with Better People**

Now that you've weeded out people who hurt you, why not surround yourself with some better choices. Focus your time on people who are positive and push you to be your very best. Choose those who you find inspiring, encouraging, and otherwise impressive.

### ☉ **Journal Your Appreciation**

What do you like about yourself? At the end of every day, write down two or three things you appreciate about yourself. Are you stuck? Think back over the day. What did you think you handled exceptionally well? What did



you think or say which felt like a breakthrough? Take note of these things. Read your journal over frequently.

### ☉ **Silence the Inner Critic**

Don't you hate the little voice who only seems to exist to bring you down? Your inner critic loves nothing better than to predict your imminent failure. It's time to tell this voice to shut up. Nothing good comes of giving airtime to negativity.



### ☉ **Use the Carrot, Not the Stick**

Need to motivate yourself to get something done? Use rewards that mean something to you, not shaming statements designed to push you into action. For example, if every time you go shopping, you remind yourself only fat people buy cookies to keep you from buying them, you're trying to use a negative to create a positive outcome.

This never works. To continue this example, instead, you might remind yourself about how good you feel when you eat right.

### ☉ **Remember Compliments**

When is the last time someone said something complimentary about you? Not sure? Start making a practice of noticing compliments so you can take them out and savor them later.



### ☉ **Experiment**

When is the last time you did something completely new? Exploring interests, taking classes, and otherwise challenging yourself reminds you there are layers to yourself you haven't even discovered yet.

### ☉ **Practice Kindness**

What if you started your day with the intention of doing something beautiful for someone today? To add a little fun anticipation to your day, hunt down ways to 'pay it forward.' You'll make someone's day. You'll also find you feel pretty good about yourself.

### ☉ **Accomplish a Life Goal (No Matter How Silly)**

What's on your bucket list? Anytime you achieve something, you feel a little rush of endorphins. This serves to remind you of the accomplishment positively and happily, which does wonders for your self-worth. By picking out something you've always wanted to do to gain this feeling, you're reminding yourself your goals are important and worth the effort. A win-win!

### ☉ **Do Something Scary**

When you attempt things that make you uncomfortable, you're allowing yourself a chance to truly grow. More importantly, you discover new possibilities and remind yourself you're capable of more than you think.

### ☉ **Rediscover Pride**

What makes you feel proud of yourself? Think back to a time when you did



something which made you feel especially useful. Is this related to an activity you can do again?. So while you can't go back and win a trophy for swimming all over again, some time at the pool can put you back into those positive emotions all over again as it reminds you very powerfully of your accomplishments.

### ☉ **Try Positivity**

How we talk to ourselves is a powerful experience. Don't give negativity a place in your life, especially in the privacy of your head. Look for the positive thoughts to counter the negative ones to keep them from becoming labels that you use to start defining who you are.

### ☉ **Drop the Definitions**

Speaking of labels, it's time to drop those entirely. For example, we look at a situation where we didn't perform very well and call ourselves a 'failure.' Anytime this happens, remind yourself you are not your circumstances. Just because a thing happened, it doesn't get to define who you are.



### ☉ **Play with Post-Its**

Affirmations are great. By writing down a handful of words that remind you of all the positive things you've done and are capable of you cement these items in your mind. By putting these thoughts on Post-it notes which you scatter all over your work and living spaces, you'll get a constant reminder of these truths every time you come across one.



### ☉ **Look at Your Accomplishments**

We're great at coming up with To-Do lists to remind us of all the things waiting to be done. But what about having a list of the things we've already finished? By reviewing your accomplishments, you will be reminded of how far you've already come.



### ☉ **Quit Playing to an Audience**

Anytime you're worried about what others are thinking of you, you're going to start holding back or acting differently. How are you supposed to feel good about who you are when you're busy trying to be someone else entirely? Stop worrying about what other people think.

### ☉ **Save a Life**

While it might seem extreme, adopting a pet has numerous benefits. For one thing, you're going to feel great knowing you're making a difference in the life of an animal who needs you. What's even better? The constant reminder of just how much you're worth their love.

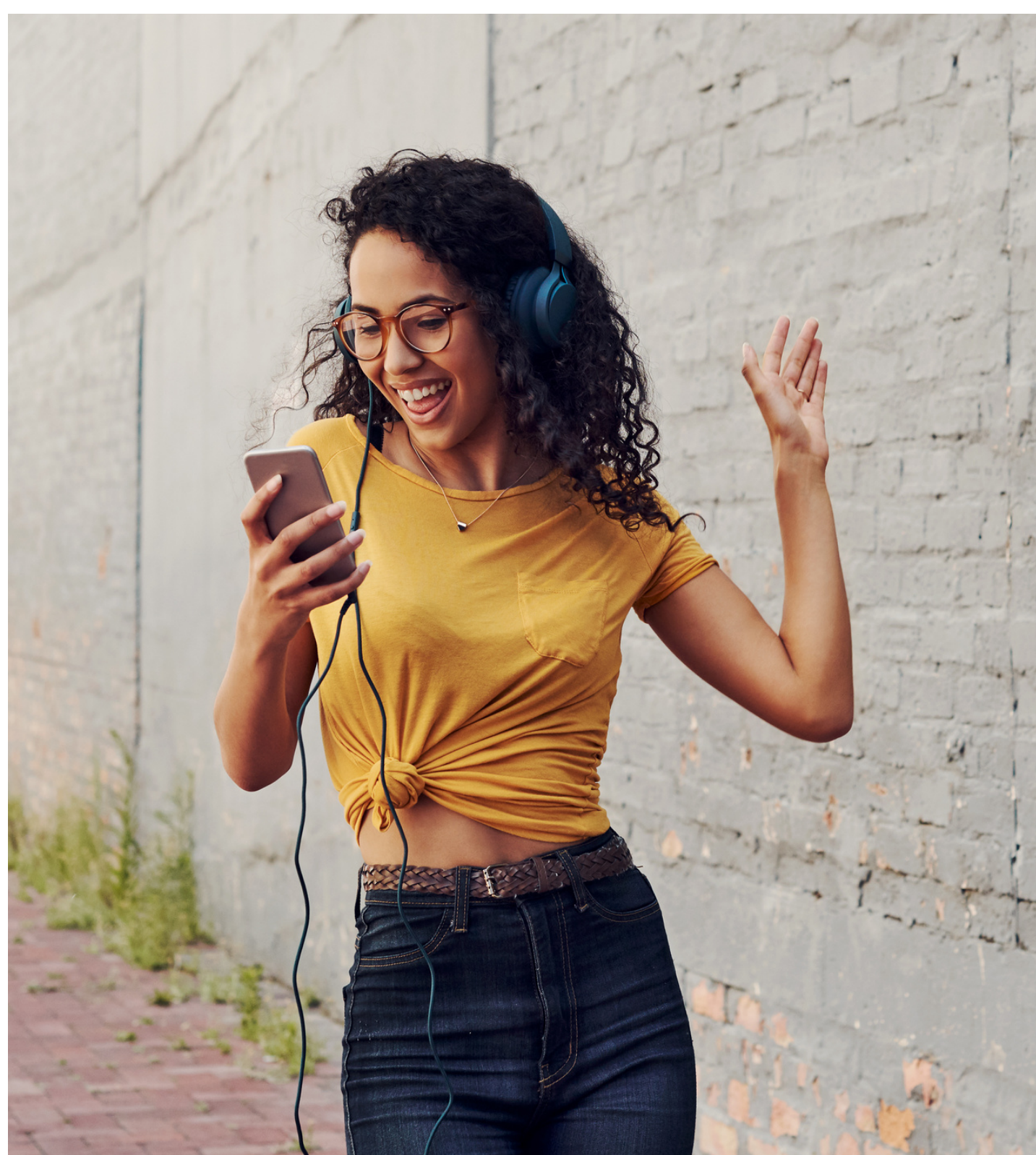
### ☉ **Be Authentic**

Speaking of being real, why not make this your focus? Don't just accept who you are but embrace you with all your quirks, weirdness, and all those fun things which make you uniquely you. What's cool about this is just how much the people in your life appreciate this version of yourself much more than they would any made-up persona.



### ☉ **No More Perfection**

Why are you half-killing yourself trying to get everything 'just so'? There's no such thing as perfect, meaning all you're doing is finding a way to beat yourself up for not getting things 'right.' Learn to let go. 'Good enough' really is good enough.



### ☉ **Cut Loose**

When is the last time you did something ridiculous? It takes a lot of confidence (and builds a lot of self-worth) to lose inhibitions and just play with no care for what others think. Try karaoke. Dance like nobody is watching. Create a costume and become a famous person for a day. Do something which is uniquely you.

### ☉ **Meditate**

By practicing mindfulness and putting yourself back into the moment, you calm the mind and give yourself room to reason about who you indeed are without being impeded by a lot of emotion, especially if you've been struggling with feelings of low self-worth. Use meditation as a way to center yourself and re-discover who you are.

### ☉ **Enlist a Friend's Help**

Are you having trouble seeing the positive? Why not get a friend to help out? Approach someone you trust and ask them to make a list of what they feel are your most positive qualities. You might be surprised at some of the



things they come up with.

### ☉ **Try A Different Channel**

What are you watching on your favorite streaming service? If the shows you watch leave you feeling down and depressed or becomes an excuse to beat yourself up by comparing your life to that of the hero of the story, it's time to stop. Either pick something which leaves you energized and motivated or walk away and do something else altogether.

### ☉ **Spoil Yourself**

When is the last time you had a little 'you time'? Make a date with yourself to do all your favorite and fun things if, for no other reason than to remind yourself, you deserve it.

### ☉ **Take Control of Your Social Media**

If the haters are getting you down, it might be time to fuss with some settings on your social media. Learn the value of blocking people who have nothing good to say. Change your settings so only friends can respond to your posts if necessary. Do what you need to control the conversation in ways that protect your self-worth.

### ☉ **Become Less Productive**

Why does society push us so hard to be productive every minute of the day? It's impossible to feel good about yourself when everything you do is never enough. By cutting back work and setting boundaries that establish a time for you and your family, you're sending a message reminding your boss (and yourself!) you are worthy of having this time for yourself.





### ☉ **Take Care of Yourself**

Nothing sends a stronger message to yourself of your value than the way you treat yourself. If you're doing harmful things that damage your body, you're treating yourself as though you have no worth at all. When you do take time to exercise, eat right and make sure you have enough sleep, you're saying you are worth taking care of.

### ☉ **Learn to Bounce Back**

What happens when things go wrong? If you find yourself wallowing in your failure, you're only going to be driving your self-worth down. Instead, allow yourself a set amount of time to feel rotten about things before you push yourself back into motion again.

### ☉ **Take Back Control**

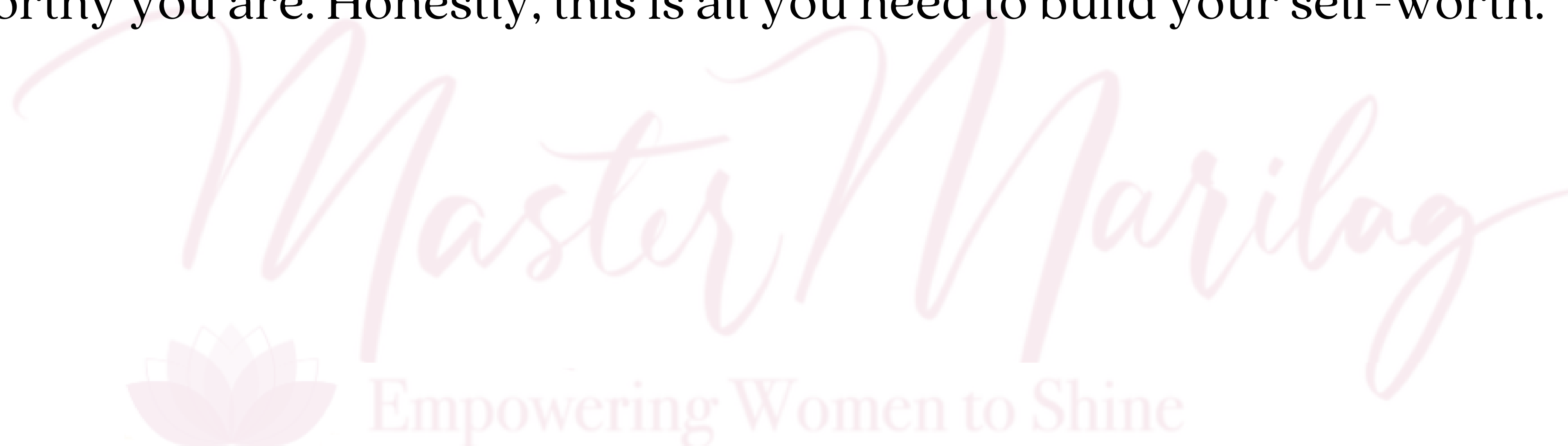
When you're a victim, nothing is ever your fault. You also become trapped in the past negative situations of your life. It's time to stand up and take responsibility for you. Things might have happened, but by choosing to not let those things define you, makes you a more empowered person. Use the negative as a means to create new goals, and to move forward in ways you might never have considered before these things happened. As you do these things, remind yourself of how strong and capable you are. Embrace the feeling of pride which comes from knowing you are the master of your destiny.



## ☉ **Therapy**

If you're still having trouble feeling worthy, even after exploring this list, it might be time to consider getting counseling. Remember, there's nothing wrong with seeking out help to work through the more complicated issues. We all need help from time to time.

As mentioned above, this list should only be a beginning. Use these points to help you think about how you're treating yourself. By being conscious about doing things which only give you value and removing things which detract from this value, you remind yourself time and again of how just worthy you are. Honestly, this is all you need to build your self-worth.





# CONCLUSION

Whew! All this feels like a lot to remember, doesn't it? Let's summarize:

Self-worth is crucial to your happiness in life. It helps you through every aspect of your life and sets you up for success. Without it, you'll stall out and stagnate.

Sadly, low self-worth happens to everybody. It hides in a variety of ways, many of which can seem very reasonable at first glance. Unless you're willing to go deeper into the way you look at yourself and why you have these attitudes, it's just about impossible to build up this image of yourself.

Thankfully, there's a lot of different ways you can build your self-worth back up if you feel like it's lagging. The nice thing? This awareness of your actions can quickly be built into habits, meaning once you've adjusted your thinking a little bit, your self-worth will increase, meaning you're in line for all those benefits which were talked about earlier.

Remember: You are already worthy!

Now is the time to embrace this truth once and for all.